

SUNNYDOWN SCHOOL

Portley House, 152 Whyteleafe Road, Caterham, Surrey, CR3 5ED

t. 01883 342281 / 346502 f. 01883 341342

e. office@sunnydown.surrey.sch.uk

www.sunnydown.surrey.sch.uk

Headteacher Mr Paul Jensen B.Ed Grad Dip (SEBD) NPQH



Friday 17th November 2023

Dear all who are associated with Sunnydown

Having many of the parents of Year 9 students onsite this week for the Parents Evening was genuinely amazing. Being able to interact in person, discussing any questions that had arisen, and for teachers to be able to share details of individual progress was heartening to see. Parents also had the opportunity to review classwork, observing progress first hand.

The feedback from families who were able to attend was overwhelmingly positive. These events and occasions offer the chance for parents to be involved in their son's education first hand - something that has been missing in many schools since Covid. I am so pleased that we have moved back to face to face meetings. Online meetings are offered in exceptional circumstances, but attendance from parents is a welcome sign of engagement with the school. Thank you to those parents able to attend, and to those who reached out requesting an online conversation at a later date.

Sunnydown School is accessed via a one way roundabout system. This is shared between ourselves and two neighbouring schools - Audley and St Francis. All three Headteachers have met previously to discuss how to improve traffic flow and parking which resulted in parking bays being painted and some signs being erected. To further enhance the safety of our one way system, Sunnydown have invested in speed humps and bollards which will be installed in coming weeks to enhance the safety for pedestrians and improve traffic flow. Some guidance to our parents and taxi drivers is also being established to enhance safety and make the drop off and pick up process within our own car park as efficient and safe as possible. Your support in reading the letter sent home today regarding traffic flow and the guidance which is being developed, is appreciated.

Awareness of Men's Health is raised during '*Movember*' through a variety of events, including growing a moustache. In the absence of this ability, I am endeavouring to be in a position to complete 1000 push ups in a day (Friday 1st December is the aim). Last week I was able to report that in training, it had taken approximately 10 days to do my first 1000 push ups. After 15 days, I had completed 2000 in total and if all goes to plan at lunch today, I will complete 400 today alone. The push ups are fun, however, even more powerful than that is the conversations I am able to have with your sons when they join me and make an attempt at push ups, or even pop in for a chat. This open conversation about our personal health is designed to help our young men grow into healthy, well informed men. Perhaps this newsletter alone is able to stimulate some conversations at home regarding Men's Health and how to look after ourselves.

Children in Need will benefit from the profits of the hugely successful Lucky Dip that was held here at school today. Some wonderful prizes have been donated so thank you for your generosity. Helping others gives us all a sense of purpose and appreciation for one another. Huge thanks to Mrs Leonard and Mrs Jensen and the team of staff and students from Life Skills for arranging the event.

Wishing you all a wonderful weekend. Paul Jensen

Children in Need Lucky Dip 2023



George: My role in managing rubbish and unwanted gifts meant that I could see what gifts everyone is getting, this meant that I was able to do my part in helping and doing my part in donations of unwanted gifts. Setting this stall up was another role I had and I'm grateful that I was able to help. At roughly 10:00, I helped hang the bunting and balloons and gather all the paper shreadings until 10:45 when the Lucky Dip took place. We also had a Lucky Dip for college students from 12:30 to 13:00 so they could also take part in the activity and win a prize. Overall, I found that the event went successfully and everybody who took part seemed grateful.



Max: The photo is a shine of glimmering light for Children in Need. We decided to raise money for Children in Need by offering people a Lucky Dip when you pay 50p to take a random something out of the box which could be sweets. All money goes for Children in Need. It was a successful jolly day because everyone was happy and listened to the rules and were willing to donate to charity.

They think it's important because it shows pride and also shows how we succeed for Children in Need in this event.



Lucas: The whole of Year 11 Life Skills group ran the event. Different students had different jobs, which included: assembling the line, collecting money, collecting rubbish, helping set up the event and collecting unwanted presents. Everyone was professional and the event was successful with many students donating money and getting presents.



Callum: The photo was taken of the Children In Need Lucky Dip on 17th November.



James: We went down to the playground at 10.30 to set up and break started at 10.45 and at 11-11.15 KS3 started their Lucky Dip. We first of all made a poster about where and when the Lucky Dip will be and asked them to bring some gifts in so that we have enough and then in the day we wrapped up the gifts that the students kindly brought in and then at 10.30 we went to set up and at 11-11.15 - KS3.

At break time I went to do the Lucky Dip. You had to have 50 pence or a pound and we would give your 50 pence change back to you as 1 pound is too much. We had to tidy up and take the Lucky Dip box up to the door as there was a year seven who was a bit anxious about coming over.

It's important because we raise money for charities like Children in Need. It's also a good way to bring the school community together.



Ty: I liked the event because I liked getting involved and I liked wearing the Pudsey headband.

Thank you to all the parents and staff who donated in support to our Lucky Dip for Children in Need. It was a great hit with our students. The Year 11s worked very hard, it was a lovely morning - well done everyone.

Mrs Leonard (SMSC Coordinator)

Upcoming Science Assessments

Year 7 – Movement: skeleton, muscles, and joints, Thursday 23rd November.

Science Keywords of the Week

For KS3: ‘**Antagonistic muscles**’ – a pair of muscles that work together to control movement at a joint – as one muscle contracts, the other relaxes.

For KS4: ‘**Homeostasis**’ – the regulation of the internal conditions of a cell or organism to maintain optimum conditions for function in response to internal and external changes.

Online Safety

Please see the leaflet at the end of this newsletter ‘What Parents & Carers Need to Know about Smart TVs’.

Mr Cassim

Friends of Sunnydown

Dates for your diary:

With only a week to go until our first **Family Quiz Night** of the school year, it’s not too late to jump in. Bring the whole family for a night of fun and food at our family quiz night on Friday 24th November 6.30pm (arrival for a 7.00pm start). Tickets are £12 for adults and £6 for children (under 12) and includes fish and chips and lots of fun. Bring your own drinks and nibbles. Book your tickets here: <https://www.pta-events.co.uk/sunnydownevents> or contact: friends@sunnydown.surrey.sch.uk for more information, or complete the attached form and return to the office.

Donation Days - Do you have any unwanted gifts and or wrapped sweets/chocolate that you could re-gift/donate? We are holding donation days on Friday 1st December and Friday 8th December at school ahead of the boys Christmas shopping day and would gratefully receive any good condition and unwanted gifts which can be suitable for women, men or children and sweet treats for the tombola.

Christmas raffle tickets - Hopefully you have now received your FoS raffle tickets, we have some fantastic prizes, including theatre tickets, Christmas hampers, vouchers for local restaurants and much more! There are more tickets available, please just let me know if you need any more! Just email: friends@sunnydown.surrey.sch.uk

Thank you so much for your continued support.



Drop In Session for Neurodivergent Teens

A promotional graphic with a light teal background. At the top right is a small version of the PAST logo. The text 'Calling all' is written in a purple, cursive font with a pink shadow. Below it, the word 'TEENS' is written in a large, bold, multi-colored font (teal, purple, pink). Underneath, the text 'Join Laura and the Mentor Team for dedicated Teen Talk 5th December @7:30pm' is written in a bold, black, sans-serif font.

Calling all

TEENS

**Join Laura and the Mentor Team
for dedicated Teen Talk
5th December @7:30pm**

If you have a neurodivergent teen, encourage them to come along and have a chat with Laura and the mentors. Nothing filtered - what do they need to say/ask that they don't know where to? There'll no doubt be banter, laughs and truth bombs!

This session is held on zoom meetings to allow audience participation. Camera on or off, no judgement! [Secure a place for your teen here.](#)

If you have any questions, please email; info@p-ast.co.uk

Please note; Laura and our mentors are all fully DBS checked and will be involved hosting the session at all times.

Pet of the Week

Mrs Gair has sent in these gorgeous photos of their dog Blue and cat Ignis.



Mrs Peterson

Thought for the Week
(W/C 13th November 2023)

Anti-Bullying Week

Thought for the Week
(W/C 20th November 2023)

Tolerance - How to tolerate each other

Sportsmanship Award

Frankie McSorley
(7C)

Employability Skills Award

Charlie Histed
(9O)
Jayden Peters
(9O)
Lithar Po-Ba
(9O)

For problem solving in maths

Baton Award

Thomas Emms
(8C)

For resilience

<p><u>Mathematician of the Week</u></p>	<p>The recipient of Mathematician of the Week, awarded by Mrs Webb is</p> <p style="text-align: center;">Jack Gregory (7C)</p> <p style="text-align: center;"><i>For always working hard in maths</i></p> <p style="text-align: center;">& awarded by Mr Zadok is</p> <p style="text-align: center;">Max Gibbins (10T)</p>
<p><u>Scientist of the Week</u></p>	<p>The recipient of Scientist of the Week, awarded by Mr Cybuch is</p> <p style="text-align: center;">Luke Dean Jayden Peters (9N) (9O)</p> <p style="text-align: center;"><i>For cooperation & engagement</i></p> <p style="text-align: center;">& awarded by Ms Hristova is</p> <p style="text-align: center;">Toby Chapman (10P)</p> <p style="text-align: center;"><i>For initiative & active learning</i></p>
<p><u>Musician of the Week</u></p>	<p>The recipient of Musician of the Week, awarded by Mr Smith is</p> <p style="text-align: center;">Kamauri Craig (8C)</p>
<p><u>Artist of the Week</u></p>	<p>The recipient of Artist of the Week, awarded by Mrs Ogle is</p> <p style="text-align: center;">Dominic Hanley (9N)</p> <p style="text-align: center;"><i>For his individual ideas & active learning in art this week</i></p>
<p><u>Chef of the Week</u></p>	<p>The recipient of Chef of the Week, awarded by Mrs Carew is</p> <p style="text-align: center;">Bailey Goodliffe (9N)</p>
<p><u>Writer of the Week</u></p>	<p>The recipient of Writer of the Week awarded by Miss Newcombe is</p> <p style="text-align: center;"><u>KS3</u></p> <p style="text-align: center;">Lithar Po-Ba (9O)</p> <p style="text-align: center;"><i>For his exceptional use of AFOREST in a political speech</i></p> <p style="text-align: center;"><u>KS4</u></p> <p style="text-align: center;">Oscar Stewart (11C)</p> <p style="text-align: center;"><i>For a brilliant descriptive piece about riots</i></p>

House Points

Ollie Taylor	750 House Points
Freddie Phillips	700 House Points
Lithar Po-Ba	700 House Points
Alfie Tharle	500 House Points
Kamauri Craig	450 House Points
Robert Hall	450 House Points
Freddie Ponsford	450 House Points
Callum Truttero	400 House Points
Thomas Emms	300 House Points
Jack Bristow	50 House Points
Sam Walsh	50 House Points

Forthcoming Events 2023

<u>Date</u>	<u>Description</u>
Friday 17th November	Children in Need
Monday 20th November	KS3 Dodgeball - Guildford Spectrum
Monday 20th November - Friday 1st December	Year 11 Annual Review meetings
Friday 24th November	Friends of Sunnydown Quiz Night
Thursday 30th November	KS4 Dodgeball - Guildford Spectrum
Friday 1st December	FoS Donation Day
Wednesday 6th December	Nick Boothroyd - Naturally Talented Me
Friday 8th December	Performance at the Arc - The Return of Jafar
Friday 8th December	FoS Donation Day
Thursday 14th December	Reports sent home
Thursday 14th December	Christmas Shopping Day 🌲
Thursday 14th December	Christmas lunch 🌲
Friday 15th December	End of term 1.20pm finish
Thursday 20th June 2024	Scheduled formal graduation event 🎓

What Parents & Carers Need to Know about SMART TVs

Smart TVs connect to the Internet without the need for a set-top box or streaming device, letting users access a range of features through the TV set itself, from on-demand content apps like BBC iPlayer to streaming services such as Netflix, as well as connecting to smartphones and other wireless devices. Most new televisions are internet enabled – so whether you're thinking of upgrading your home viewing system or buying an additional TV for your child's room, it's now, even more important to consider the online safety aspects.

WHAT ARE THE RISKS?

AGE-INAPPROPRIATE CONTENT

From Netflix to Disney+ to Prime Video, there is a plethora of streaming services available. While these services offer content catering for younger viewers, they also provide material for more mature audiences. If you don't have parental controls set up on your accounts, your child could find themselves being exposed to shows and movies with adult themes, strong language and violence.

CENSORED

INCREASED SCREEN TIME

The array of content available through smart TVs could lead to your child spending excessive amounts of time in front of the screen. Not only can prolonged screen time distract from important activities such as schoolwork or exercise, but experts have also warned that endless hours in front of the box can lead to health problems including obesity, poor sleeping patterns and depression.

REMOTE-CONTROL RETAIL

Like many online devices, smart TVs facilitate digital purchases: buying a new app or the latest season of a favourite show, for example. If your child has access to a bank card and isn't restricted by spending controls on the system, they could run up a sizeable bill through a smart TV fairly quickly – especially if they're not quite old enough to fully appreciate the value of money.

UNCONVINCING SECURITY

As Internet of Things (IoT) devices, smart TVs can be uniquely vulnerable to attack. Experts warn that internet-enabled TVs tend not to support high-level security software, so you won't always be able to download strong antivirus programmes like you would on a phone or computer. Being targeted by hackers could be deeply upsetting for your child, as well as putting their personal data at risk.

A SILENT SPY?

Some smart TVs already collect data on users' viewing habits and then display targeted advertising based on that personal information – while there have also been reports of internet-enabled TVs (and the apps installed on them) being used to 'eavesdrop' on owners. In models with a built-in microphone (for voice activation), third parties could potentially listen in on someone's home life.

CONTACT FROM STRANGERS

Many smart TVs can be used for web browsing, social media and live streaming – all of which could allow unknown users to contact your child (or vice versa). If your child engages with these functions of the TV, a stranger could potentially discover their contact information and potentially then use it to obtain even more sensitive personal details, such as your home address.

Advice for Parents & Carers

MAKE IT A FAMILY THING

Family TV time is a great way to model the responsible enjoyment of technology – showing your child how to use the smart TV safely for when they're old enough to watch it independently. You could also take this opportunity to establish some healthy TV boundaries, such as time limits on their daily viewing or how to make sure they're only watching content that's appropriate for their age.



CREATE CHILD PROFILES

Much like with smartphones and tablets, apps can be downloaded onto smart TVs: from free content platforms such as BBC iPlayer to paid-for services like Prime Video. Most of these apps allow you to create a separate account for your child which has different settings to your own – suggesting more child-friendly material and reducing the possibility of them viewing explicit content.

HELLO OSCAR

SET UP PARENTAL CONTROLS

It's likely that your smart TV has built-in parental controls, which not only let you filter out age-inappropriate shows, movies and games but can also restrict in-app purchasing, so your child can't accidentally spend money through the device. When you've enabled these safeguards, have an open conversation with your child about the reasons, helping them to understand the potential risks.



CONSIDER THE LOCATION

If you're concerned about the online safety hazards that a smart TV might pose to your child, you could consider where in your home you put the device. The safest option would be to place the smart TV in a shared family space – so that an adult is usually nearby and able to supervise while your child's watching it – rather than in the relative privacy of a bedroom.



Meet Our Expert

Carly Nigg is an experienced technology journalist with a track record of more than 10 years in the industry. She's now the author of both *Locked The Inquiry*. Carly is now a freelance technology journalist, editor and consultant.



NOS
National Online Safety®

#WakeUpWednesday

INDIVIDUAL MUSIC LESSONS AT SUNNYDOWN SCHOOL

Lessons include:

KEYBOARD **GUITAR**
DRUM KIT

Online registration:

bit.ly/SA-SpeedAdmin

Contact Surrey Arts for more information

T: 01483 519303

E: surreyartsmusic@surreycc.gov.uk



Discover more at:

surreycc.gov.uk/music

SURREY
ARTS




SURREY
COUNTY COUNCIL